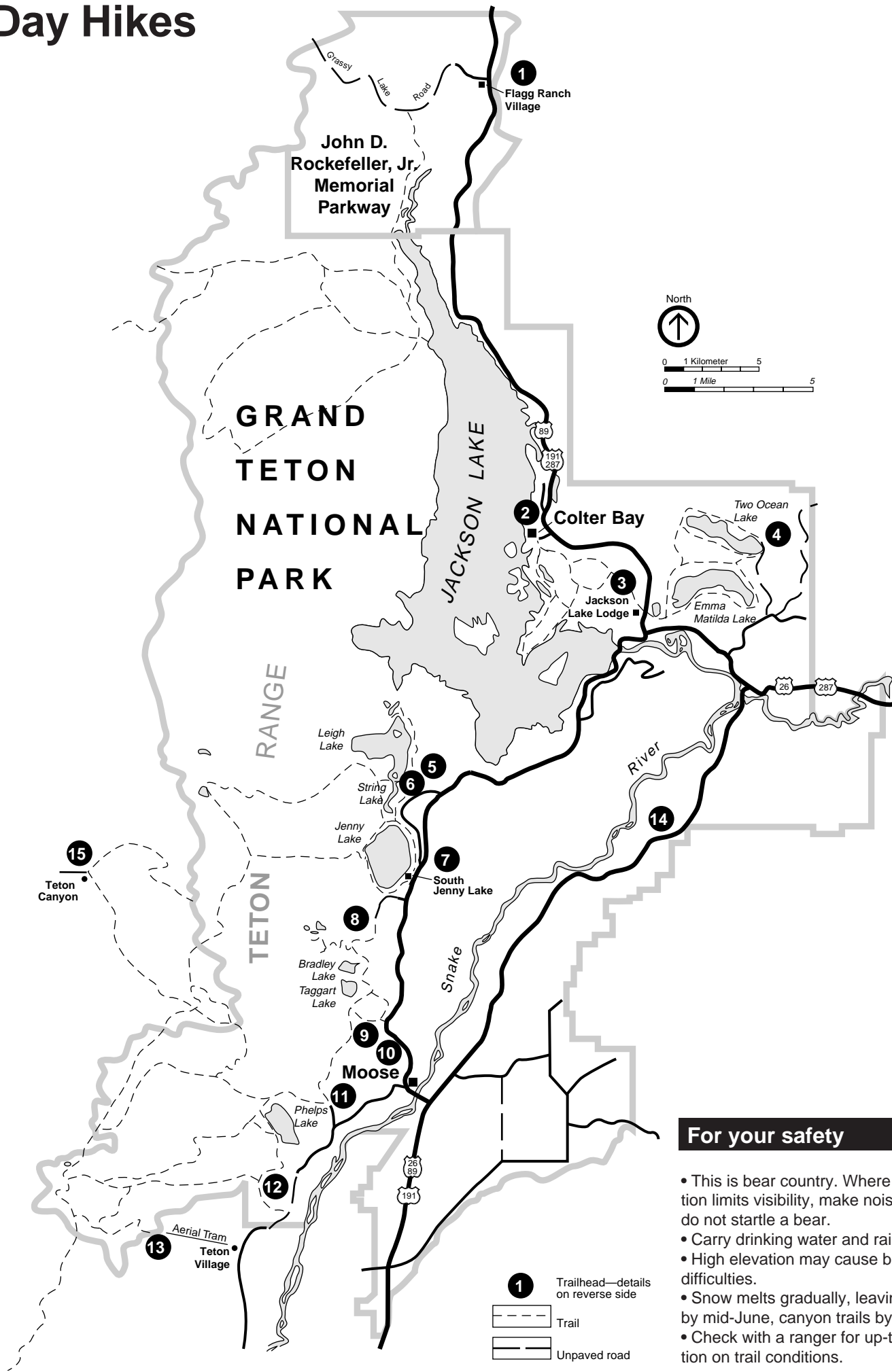


# Grand Teton

John D. Rockefeller, Jr., Memorial Parkway

National Park  
P.O. Drawer 170  
Moose, Wyoming 83012  
307 739-3300

## Day Hikes



### For your safety

- This is bear country. Where dense vegetation limits visibility, make noise so that you do not startle a bear.
- Carry drinking water and raingear.
- High elevation may cause breathing difficulties.
- Snow melts gradually, leaving valley trails by mid-June, canyon trails by late July.
- Check with a ranger for up-to-date information on trail conditions.

### Backcountry Regulations

- Pets, weapons, bicycles or vehicles are **not** allowed on trails or in the backcountry.
- All overnight camping requires a free permit.
- Carry out all your garbage.
- Hike on established trails to prevent erosion.

- Horses have the right-of-way. Step off the trail and remain quiet while horses pass.
- Respect wildlife: observe and photograph from a safe distance. Do not approach or feed animals.

### Sanitation in the Backcountry

To prevent contamination of waterways, bury feces in a hole 6-8 inches deep at least 200 feet from streams and lakes. Pack out used toilet paper, tampons, sanitary napkins and diapers in sealed plastic bags. Do not bury or burn them.

## 1 Flagg Ranch

***Snake River Trail*** 0.5 mi. roundtrip, 1/2 hour. EASY. Self-guiding trail traverses riparian habitat with views of forests burned in 1988. Leaflets available at trailhead.

## 2 Colter Bay

### Lakeshore Trail

2.0 mi. roundtrip, 2 hours. EASY. Level Lakeshore Trail follows east and north shoreline of Colter Bay then follows perimeter of a forested peninsula jutting into Jackson Lake, providing views of the northern part of the Teton Range.

### Hermitage Point Trail

***Heron Pond & Swan Lake*** 3.0 mi. roundtrip, 2 hours, 40 ft. elevation change. EASY. Follow mostly level trail to both ponds to see waterfowl and occasionally other wildlife. Self-guiding trail—maps available at trailhead; leaflets available at visitor centers.

***Hermitage Point*** 8.8 mi. roundtrip, 4 hours, 100 ft. elevation change. EASY. Forests, meadows, ponds and streams along trail provide wildlife habitat. Terrain is gently rolling.

## 3 Jackson Lake Lodge

***Lunchtree Hill*** 0.5 mi. roundtrip, 1/2 hour, 80 ft. elevation change. EASY. Short trail with interpretive signs leads to top of hill overlooking Willow Flats and Teton Range.

## 4 Two Ocean Lake

***Two Ocean Lake*** 6.4 mi. roundtrip, 3 hours, 80 ft. MODERATE. Trail traverses conifer forests along the south shore and aspen groves and meadows along the north shore of Two Ocean Lake.

***Emma Matilda Lake*** 9.1 mi. roundtrip, 5 hours, 440 ft. MODERATE. Trail follows densely forested southern shore of Emma Matilda Lake and open forests of northern shore providing views of the Teton Range. ***Two Ocean & Emma Matilda Lakes*** 12.9 mi. roundtrip, 7 hours, 710 ft. elevation change. MODERATE. Trail follows north shore of Two Ocean Lake, climbs to Grand View Point for a panoramic view, then follows south shore of Emma Matilda Lake.

## 5 Leigh Lake

***Leigh Lake*** 2.0 mi. roundtrip, 1 hour, 40 ft. elevation change.

***Bearpaw Lake*** 7.4 mi. roundtrip, 4 hours, 40 ft. elevation change. EASY. Trail follows forested shore of Leigh Lake, providing close views of Mount Moran.

## 6 String Lake

***String Lake*** 3.3 mi. roundtrip, 3 hours, 120 ft. elevation change. EASY. Trail circles String Lake, traversing the lakeshore below Rockchuck and Mt. St. John.

### Paintbrush Canyon

***Holly Lake*** 12.4 mi. roundtrip, 8 hours, 2535 ft. elevation change. STRENUOUS. Follow Paintbrush Canyon trail through seasonally abundant wildflowers.

***Paintbrush-Cascade Loop*** 19.2 mi. roundtrip, 14 hours, 3845 ft. elevation change. VERY STRENUOUS. Hike up Paintbrush Canyon, over Paintbrush Divide and down Cascade Canyon.

## 7 South Jenny Lake

***Jenny Lake Loop*** 6.6 mi. roundtrip, 4 hours, 100 ft. elevation change. EASY. Mostly level trail skirts shoreline, with views of the Teton Range from the east shore.

### Cascade Canyon

Self-guiding trail—maps available at trailhead; leaflets available at visitor centers.

***Hidden Falls*** 5.0 mi. roundtrip, 3 hours, 150 ft. elevation change; via shuttle boat (fee charged): 1.0 mile, 1 1/2 hour, 150 ft. elevation change. MODERATE. Popular trail follows Jenny Lake's south shore, then climbs to view of 200-foot cascade.

***Inspiration Point*** 5.8 mi. roundtrip, 4 hours, 417 ft. elevation change. Via shuttle boat (fee charged): 2.2 mi. roundtrip, 2 1/2 hours, 417 ft. elevation change. MODERATE – STRENUOUS. Follow trail to Hidden Falls, then continue up to Inspiration Point overlooking Jenny Lake and Jackson Hole.

***Forks of Cascade Canyon*** 13.0 mi. roundtrip, 7 hours, 1057 ft. elevation change. Via shuttle boat (fee charged): 9.0 mi. roundtrip, 5 hours, 1057 ft. elevation change. MODERATE – STRENUOUS. Popular trail leads into Cascade Canyon with views of the Grand Teton, Mt. Owen and Teewinot.

***Lake Solitude*** 18.4 mi. roundtrip, 10 hours, 2252 ft. elevation change. Via shuttle boat (fee charged): 14.4 mi. roundtrip, 8 hours, 2252 ft. elevation change. STRENUOUS. Follow popular Cascade Canyon trail. North Fork leads to Lake Solitude and views of the Grand Teton and Mt. Owen.

***South Fork of Cascade Canyon*** 23.2 mi. roundtrip, 12 hours, 3589 ft. elevation change. Via shuttle boat (fee charged): 19.2 mi. roundtrip, 11 hours, 3589 ft. elevation change. STRENUOUS. Follow popular Cascade Canyon trail. South Fork leads to Hurricane Pass and close views of School-room Glacier.

## 8 Lupine Meadows

***Amphitheater Lake*** 9.6 mi. roundtrip, 8 hours, 2958 ft. elevation change. STRENUOUS. Climb up to glacial lakes surrounded by subalpine meadows. Horses not allowed.

***Garnet Canyon*** 8.2 mi. roundtrip, 7 hours, 2160 ft. elevation change. STRENUOUS. Trail leads to the mouth of Garnet Canyon. Horses not allowed.

## 9 Taggart Lake

Self-guiding trail—leaflets available at trailhead and visitor centers.

***Taggart Lake*** 3.2 mi. roundtrip, 2 hours, 277 ft. elevation change. MODERATE. Trail traverses area burned in 1985 to reach Taggart Lake.

***Bradley Lake*** 4.0 mi. roundtrip, 3 hours, 397 ft. elevation change. MODERATE. Trail climbs up through area burned in 1985, then down glacial moraine to Bradley Lake.

***Taggart Lake-Beaver Creek*** 4.0 mi. roundtrip, 3 hours, 277 ft. elevation change. MODERATE. Trail traverses area burned in 1985 and climbs glacial moraines surrounding Taggart Lake.

## 10 Chapel of the Transfiguration

***Menor's Ferry*** 0.5 mi. roundtrip, 1/2 hour, 10 ft. elevation change. EASY. See turn-of-the-century buildings located on the scenic Snake River. Self-guiding trail—maps available at trailhead; leaflets available at visitor centers.

## 11 Death Canyon

***Phelps Lake Overlook*** 1.8 mi. roundtrip, 2 hours, 420 ft. elevation change.

MODERATE. Trail climbs glacial moraine to overlook Phelps Lake.

***Phelps Lake*** 4.0 mi. roundtrip, 4 hours, 987 ft. elevation change. STRENUOUS. Trail first climbs to overlook, then descends to Phelps Lake. Return involves steep hike up to overlook.

***Death Canyon-Static Peak Trail Junction*** 7.6 mi. roundtrip, 6 hours, 1061 ft. elevation change. STRENUOUS. Trail climbs up and then down to Phelps Lake, followed by a climb up into Death Canyon.

***Static Peak Divide*** 15.6 mi. roundtrip, 10 hr., 4020 ft. elevation change. VERY STRENUOUS. Numerous switchbacks climb through whitebark pine forest to impressive views of the Teton Range and Jackson Hole.

## 12 Granite Canyon

***Marion Lake*** 20.8 mi. roundtrip, 12 hours, 2880 ft. elevation change. STRENUOUS. Follow Granite Creek to subalpine meadows around Marion Lake.

## 13 Top of the Tram

Fee charged for tram. Visitors are allowed to hike trails leading from the Tram after snow has melted sufficiently to allow safe travel.

***Marion Lake*** 11.8 mi. roundtrip, 7 hours, 1206 ft. elevation change. MODERATELY STRENUOUS. Hike through alpine and subalpine terrain to Marion Lake and return to the Tram.

***Granite Canyon*** 12.4 mi. roundtrip, 7 hours, 4135 ft. elevation change (downhill). MODERATE. Start at the top and hike down from alpine meadows to sagebrush, ending at Teton Village.

## 14 Cunningham Cabin

***Cunningham Cabin*** 0.75 mi. roundtrip, 1 hour, 20 ft. elevation change. EASY. Follow short trail to see early Jackson Hole home-stead. Self-guiding trail—leaflets available at trailhead and at visitor centers.

## 15 Teton Canyon

### Targhee National Forest

***Table Mountain*** 11.0 mi. roundtrip, 7 hours, 4151 ft. elevation change. STRENUOUS. Steep trail follows Teton Creek and ends 0.5 mi. below the summit. Ascend summit by scrambling up talus slope.